

# Tips For Training Baby To Sleep Through The Night

Does your little one often wake up crying? Take back the night with this 24/7 guide on how to get your baby to sleep longer.

Your **heart** may swell with love when you watch your baby sleeping. They look so sweet and innocent. Your **heart** may race, though, when you can't get them to stay asleep all night or at times when you really want them to nap or **sleep**.

You can ease your stress and better prepare to set your baby's **sleep** schedule by understanding which parts of their **sleep** routine are in your hands -- and which aren't.

## Understand Your Baby's Sleep Needs

During the first 2 months, your newborn's need to eat overrules their need to sleep. They may feed almost every 2 hours if you're **breastfeeding**, and possibly a little less often if you bottle-feed.

**IF YOU WANT TO LEARN THE BEST WAY TO GET YOUR BABY TO SLEEP FAST, THAT HELPED ME**

Your baby may sleep from 10 to 18 hours a day, sometimes for 3 to 4 hours at a time. But babies don't know the difference between day and night. So they

sleep with no regard for what time it is. That means your baby's wide-awake time may be from 1 a.m. to 5 a.m.

By 3 to 6 months, many babies are able to sleep for a stretch of 6 hours. But just as you think your baby is getting into a nice routine -- usually between 6 and 9 months -- normal developmental stages can throw things off.

## **Set a Bedtime Routine**

A study of 405 mothers -- with infants between 7 months and 36 months old -- showed that babies who followed a nightly **bedtime** routine went to sleep easier, slept better, and cried out in the middle of the night less often.

Some parents start their baby's **bedtime** routine as early as 6 to 8 weeks old. Your baby's routine can be any combination of regular bedtime activities. The keys to success:

- Play active games during the day and quiet games in the evening. This keeps your baby from getting too excited right before bedtime but gets them tired from the day's activities.
- Keep activities the same and in the same order, night after night.
- Make every activity calm and peaceful, especially toward the end of the routine.
- Many babies enjoy bathing right before bedtime, which calms them down.
- Save your baby's favorite activity for last, and do it in their bedroom. This will help them look forward to bedtime and associate their sleep space with things they like to do.
- Make nighttime conditions in your baby's bedroom consistent. If they wake up in the middle of the night, the sounds and lights in the room should be the same as when they fell asleep.